

## **New England MIRECC Peer Education Center**

**Edith Nourse Rogers Memorial Veterans Hospital  
200 Springs Road, Bedford, MA 01730**

### **Promoting Growth and Leadership in VHA Peer Specialist Professional Development: Continuing Education & Participation in Organizational Activities**

#### **Practice Exercise: Write a Draft Professional Development Learning Plan**

#### **I. What do I need to do within the next year to grow as a peer specialist?**

#### **II. Self-Assessment:**

##### **a. What are my strengths?**

##### **b. What do I need to be successful in what I want to achieve (ex. resource needs)?**

**c. What are my current abilities?**

**d. What are my preferences about how to approach what I want to learn and do?**

**III. List one specific goal to work on for the next year.**

**IV. Write down specific objectives that need to be accomplished in order to successfully meet the goal you listed in III.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**V. List the names of 2-3 potential mentors who you can ask to assist you with your professional development learning plan.**

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## VI. Do it!!